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PPD’s News to Live By

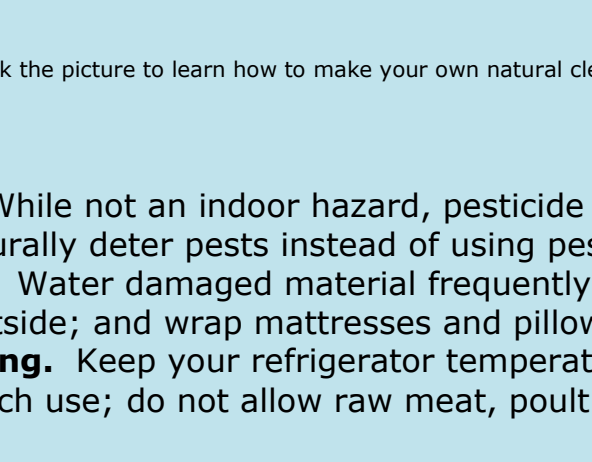
May 2013

[PPD ESH Newsletter Archives](#)

The Top 10 Indoor Environmental Hazards

This is a list compiled by the American College of Occupational and Environmental Medicine (ACOEM). The checklist is part of ACOEM’s ongoing commitment to protect the health and safety of workers, workplaces and environments. It provides tips on how to avoid and/or control these hazards in the home. It includes recommendations and helpful resources from EPA and the U.S. Consumer Product Safety Commission, among others.

1. **Tobacco Smoke.** Long-term exposure to other people’s tobacco smoke increases risks for lung cancer, respiratory diseases, and infections, heart attack, and many child hood diseases.
2. **Radon.** Test your home for this odorless, invisible gas that increases the risk of lung cancer.
3. **Asbestos.** Asbestos was commonly used as insulation, floor tiles, and roofing materials in homes built from 1920 to 1980. Identify but avoid disturbing asbestos in your home or place of work.
4. **Lead.** Children are especially susceptible to lead poisoning. If you live in a home built prior to 1978, test for lead paint and only allow licensed and trained professionals to remediate lead in your home.
5. **Combustion Gases.** Combustion gases can include carbon monoxide, nitrogen oxides, and sulfur dioxide. Remember to clean and maintain your chimneys and furnace annually.
6. **Tap Water.** If you use a well, test your water annually.
7. **Household chemicals.** Keep household chemicals out of the reach of children and pets; follow label instructions carefully; and dispose of chemicals properly. There are many natural cleaners available to use as substitutes.

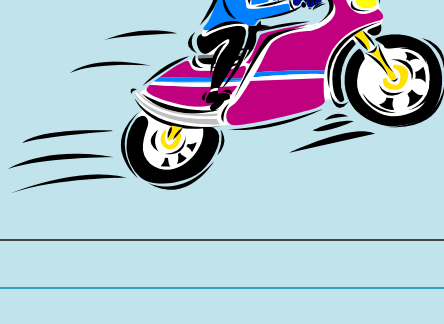


Click the picture to learn how to make your own natural cleaners.

May is Motorcycle Safety Awareness Month

Warmer weather brings out the motorcycle riders. Approximately 75% of motorcycle accidents involved collision with another vehicle, usually a car. Here are a few tips for motorists and motorcyclists to help keep the roads safe.

- Motorists:**
- Allow greater following distance behind a motorcycle.
 - Be extra cautious around intersections. Most crashes occur when a motorist fails to see a motorcyclist and turns left in front of a motorcycle.
 - Give a motorcycle a full lane width. Never try to share a lane with a motorcycle.
- Motorcyclists:**
- Avoid riding in poor weather conditions
 - Position motorcycle in lane where you will be out of a motorist’s blind spot.
 - Use turn signals for every turn or lane change.
 - Wear high visibility gear.

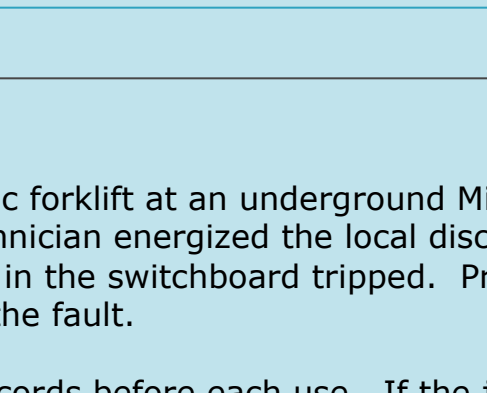
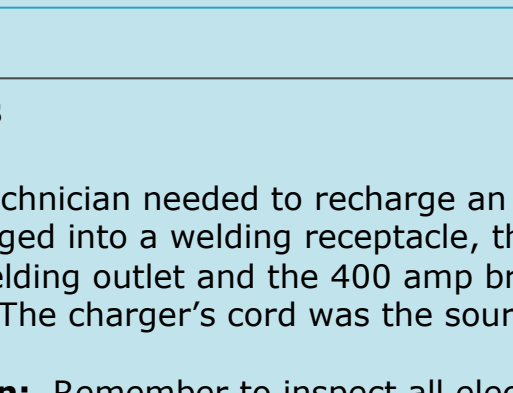


Electronic Product Environmental Assessment Tool(EPEAT)

EPEAT is an environmental rating system that helps purchasers evaluate, compare and select desktop computers, notebooks, monitors and other electronic equipment based on their environmental attributes. EPEAT also provides a clear and consistent set of performance criteria for the design of products, and provides an opportunity for manufacturers to secure market recognition for efforts to reduce the environmental impact of its products.

In 2009, an [Executive Order 13514](#) (Federal Leadership in Environmental, Energy and Economic Performance) was signed, where a portion of this order requires all government agencies to ensure that 95% of their electronic equipment purchased is EPEAT registered. At this time, the Computing Division set up a program that gives preference to desktop computers, laptops and monitors that are registered with EPEAT. A further requirement of the EO was fulfilled by ensuring that networked printers were configured to double-sided printing and had power management enabled.

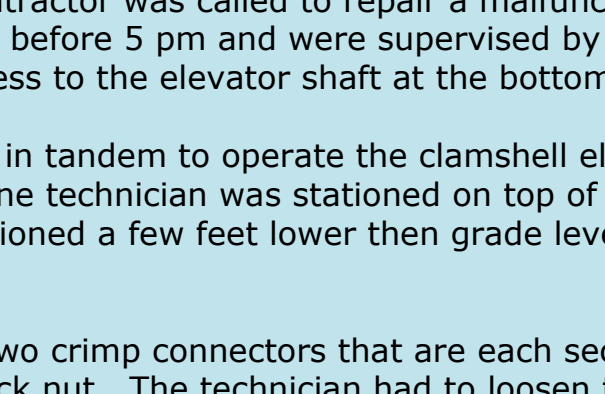
Now, the EPEAT registry has expanded to include imaging equipment (copiers, fax machines, scanners, printers, all-in-one machines and televisions that are 15” or larger). Again, 95% of our purchases must be EPEAT registered. The [EPEAT Registry](#) will give you a list of what brands/models qualify, or you can open up a Service Desk ticket to get a recommendation based on your requirements.



PPD Incidents

On **March 27** a technician needed to recharge an electric forklift at an underground Minos charging station. With the charging unit plugged into a welding receptacle, the technician energized the local disconnect at which time the 60 amp breaker for the welding outlet and the 400 amp breaker in the switchboard tripped. Proper PPE was being worn and there were no injuries. The charger’s cord was the source of the fault.

Recommendation: Remember to inspect all electrical cords before each use. If the jam nut on cords such as the one in the photo are loose, tag out of service and notify your building manager to have it inspected by a qualified person.



On **4/10/2013** an elevator contractor was called to repair a malfunctioning large-elevator door at the MINOS service building. The technicians arrive before 5 pm and were supervised by the MINOS building manager. The LOTO procedure was performed ensuring no access to the elevator shaft at the bottom door.

Two 3/16 inch wire cables work in tandem to operate the clamshell elevator doors. The technicians began the removal and rethreading of cable #1. One technician was stationed on top of the elevator threading the new wire cable #1 and therefore the elevator was positioned a few feet lower then grade level to allow access and communication between the technicians.

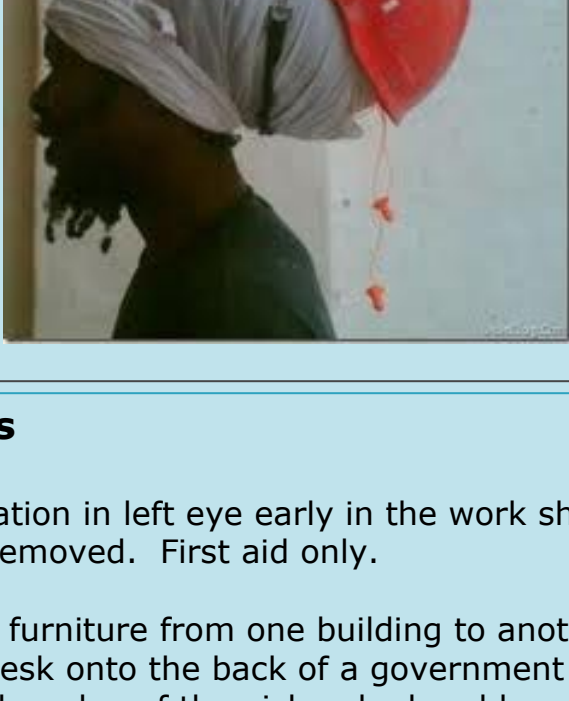
Both wire cables pass through two crimp connectors that are each secured by one socket cap screw and one countersunk allen screw with a 3/8 inch nylock nut. The technician had to loosen the connectors to thread the new wire through.

At approximately 6:00pm, the technician stationed outside of the elevator cart heard a loud noise. The top door had come down and the bottom door had fallen down the elevator shaft. The bottom door damage a cable which contained communications, signal and 110v power. The door was found at the bottom of the elevator shaft and was significantly damaged. The door also damage a light housing at the bottom of the elevator shaft. The elevator will remain locked and tagged out until the investigation and repairs are completed.

No personnel were injured as a result of this incident. The investigation is ongoing.



The “Doh!” Photos of the Month



PPD April Injuries

Employee experienced irritation in left eye early in the work shift. Employee went to medical and had a small foreign object that resemble cotton removed. First aid only.

Employee was moving furniture from one building to another with assistance. The employee and his assistant loaded and approximately 150lb desk onto the back of a government pickup truck. They drove the desk over to the destination. They slid the desk to the edge of the pickup bed and lowered the lift gate. The employee went to get off the truck by stepping down onto the lowered lift gate (approximately halfway from the bed to the ground), then he stepped/jumped to the ground and felt sharp pain. Employee was diagnosed with a strained hamstring. Restrictions prevent the employee from doing routine duties and job has been modified making this a DART case.

Did you find this newsletter helpful? Does it have the kind of information you are looking for? Your feedback is important. Please continue to use the [electronic safety concern database](#), or send comments to Eric McHugh, emchugh@fnal.gov